



Cobb County...Expect the Best!

Mountain View Aquatic Center

2650 Gordy Parkway, Marietta GA 30066



Cobb County...Expect the Best!

Swimming Lessons Fall 2016

Swim lesson registration for Cobb County residents will be held on Friday, August 5th at 6:00pm. Weekday sessions will meet six (6) times (twice a week) and Saturday Classes will meet for six (6) consecutive Saturdays.

To register online:

- You must create an online account at <https://apm.activecommunities.com/cobbcounty/home>
- Most customers who had an account on the old registration system will have an account on the new system. Please contact the pool to check on your account and information on how to log in to the new registration system.

Session 1	August 15 – Sept. 1	Registration for Cobb County Residents
Session 2	September 12 – Sept. 29	August 5th 6:00 pm
Session 3	October 3 – 20	(Non-Cobb Residents can register August 8th at 12:00pm)
Saturday	Sept. 10 – Oct. 15	

Parent and Child Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Parent Tot (ages 6 months to 3 years)

Description: A parent or guardian accompanies infants. The instructor guides the parent in teaching water adjustment skills such as kicking, pulling, going under water and blowing bubbles. Swim diapers are mandatory. No disposable diapers please

Mountain View	Parent Tot	1:00-1:30 PM	Tue/Thu	1	Activity Code 9275
		1:00-1:30 PM	Tue/Thu	2	Activity Code 9276
		1:00-1:30 PM	Tue/Thu	3	Activity Code 9278
		9:00-9:30 AM	Saturday	Sat	Activity Code 9277

Preschool Program \$40.00 Cobb County Residents \$65.00 Non-Cobb Residents

Tadpole (ages 3-5)

Description: This class is designed for the true beginner. Water adjustment skills, blowing bubbles, submerging, and water safety are taught in a playful atmosphere.

Mountain View	Tadpole	2:00-2:30 PM	Tue/Thurs	1	Activity Code 9287
		2:00-2:30 PM	Tue/Thurs	2	Activity Code 9288
		2:00-2:30 PM	Tue/Thurs	3	Activity Code 9290
		9:45-10:15 AM	Saturday	Sat	Activity Code 9289

Minnow (ages 3-5)

Description: This class is for preschoolers who can already put their faces in the water. Kicking, stroking, gliding, floating and jumping in will be taught in a playful atmosphere.

Mountain View	Minnow	2:45-3:15 PM	Tue/Thurs	1	Activity Code 9271
		2:45-3:15 PM	Tue/Thurs	2	Activity Code 9272
		2:45-3:15 PM	Tue/Thurs	3	Activity Code 9274
		10:30-11:00 AM	Saturday	Sat	Activity Code 9273

Seals (ages 3-5)

Description: This class is designed for preschoolers who can already swim. The coordination of the flutter kick and alternating arm strokes will be taught. Rhythmic breathing, water safety, and confidence in the water will be stressed.

Mountain View	Seals	3:30-4:00 PM	Tue/Thurs	1	Activity Code 9279
		3:30-4:00 PM	Tue/Thurs	2	Activity Code 9280
		3:30-4:00 PM	Tue/Thurs	3	Activity Code 9282
		11:15-11:45 AM	Saturday	Sat	Activity Code 9281

LEARN TO SWIM PROGRAM**\$80.00 Cobb County Residents****\$105.00 Non-Cobb Residents****Beginner: Water Exploration (ages 5-15)**

Description: This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, blowing bubbles and submersion. To complete this Level Students must be able to float on their stomach and back, submerge fully under water and kick for 2 body lengths without assistance before progressing to 'Advanced Beginner'.

Mountain View	Level 1	4:00-4:50 PM	Mon/Wed	1	Activity Code 9264
		4:00-4:50 PM	Mon/Wed	2	Activity Code 9265
		4:00-4:50 PM	Mon/Wed	3	Activity Code 9270
		4:00-4:50 PM	Tue/Thurs	1	Activity Code 9266
		4:00-4:50 PM	Tue/Thurs	2	Activity Code 9267
		4:00-4:50 PM	Tue/Thurs	3	Activity Code 9269
		10:00-10:50 AM	Saturday	Sat	Activity Code 9268

Advanced Beginner: Primary Skills (must pass Beginner; ages 6-15)

Description: The 'Advanced Beginner' Swim Class is for children ages 6 and up who are comfortable going under water and can float without assistance. This class will build upon the skills taught in the Beginner class and introduce the Front Crawl and Backstroke. It will also include orientation to Deep Water. To complete this class and progress to 'Stroke Development' participants must swim 15 feet unassisted on their stomachs and on their backs, demonstrate taking a breath while swimming their front and be able to roll from front to back and back to front while swimming.

Mountain View	Level 2	5:00-5:50 PM	Mon/Wed	1	Activity Code 9256
		5:00-5:50 PM	Mon/Wed	2	Activity Code 9257
		5:00-5:50 PM	Mon/Wed	3	Activity Code 9262
		5:00-5:50 PM	Tue/Thurs	1	Activity Code 9258
		5:00-5:50 PM	Tue/Thurs	2	Activity Code 9259
		5:00-5:50 PM	Tue/Thurs	3	Activity Code 9261
		11:00-11:50 AM	Saturday	Sat	Activity Code 9260

Stroke Development: (must pass Advanced Beginner; ages 6-15)

Description: The 'Stroke Development' Swim Class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner Swim Class and introduce Breaststroke, Diving, and Treading Water. Students should be comfortable in Deep Water. To progress to the 'Advanced Swimmer' swim class students must be able to swim 25 yards Front Crawl with Rhythmic Breathing, swim on their back for 25 yards and Jump into Deep Water and Level off and swim without assistance.

Mountain View	Level 3	7:00-7:50 PM	Tues/Thurs	1	Activity Code 9283
		7:00-7:50 PM	Tues/Thurs	2	Activity Code 9284
		7:00-7:50 PM	Tues/Thurs	3	Activity Code 9286
		10:00-10:50 AM	Saturday	Sat	Activity Code 9285

Advanced Swimmer: (must pass Stroke Development; ages 6-15)

Description: The 'Advanced Swimmer' class is for children ages 6 and up who can swim 25 yards unassisted on their front with rhythmic breathing and swim 25 yards on their back using a combined arm and leg action. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the 'Pre-Competitive' Swim Class students must demonstrate 50 yards of Front Crawl with rhythmic breathing and swim 25 yards of Back Crawl and Breaststroke.

Mountain View	Level 4	11:00-11:50 AM	Saturday	Sat	Activity Code 9263
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Adult Program**\$80.00 Cobb County Residents****\$105.00 Non-Cobb Residents****Adult Beginner (ages 15+)**

Description: This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introduces freestyle, back crawl, introduction to deep water, and basic water safety

Mountain View	Adult Basics	7:00-7:50 PM	Mon/Wed	1	Activity Code 9253
		7:00-7:50 PM	Mon/Wed	2	Activity Code 9254
		7:00-7:50 PM	Mon/Wed	3	Activity Code 9255